

Some practical ideas for prayer walking:

- Pray together as a team, in advance, before you break into pairs/groups (if applicable) - pray for each other and for sensitivity to the Spirit to lead your feet, thoughts, and interactions as you prayer walk. Take time to listen for how the Lord would want to lead you. Whilst praying together as a team before heading out to ask God for his strategy , blueprints , plans and wisdom. Prepare yourself for the walk by making sure you are in unity with others, remember LOVE is the key in all you do. A significant part of prayer walking is listening and following His lead.
- Jesus sent out his disciples 2-by-2. Prayer walk with someone else (groups of 2 or 3 people are often best)
- Stop for more intense prayer as prompted by the Holy Spirit
- Use Scripture in your prayers
- Don't be afraid of silence. It's okay to walk and pray silently for a time.
- Smile and be pleasant to people you meet. God may be working in their lives. Pray for them and even with them if led and given permission.
- When praying becomes difficult (and it may), admit it to your team and ask them to pray for you.
- Be flexible and pray as the Holy Spirit leads you
- Write down or share your thoughts and experiences with your team.
- Pray with your eyes open, watching for things that will prompt you to pray.

Consider these locations as prompts for prayer:

- Government buildings - pray for uprightness and justice in government situations, agencies and officials
- Houses - pray for stable homes that are built on Christ
- Cars - pray against materialism and other cares of this world that choke out the Word of God
- Non-Christian religious buildings(mosques, temples, lodges) - pray that people will know the One God and his Son Jesus Christ
- Trees and plants - pray that people will be rooted in Christ and bear much fruit for His kingdom
- Gates - pray for open doorways to the Gospel
- Churches - pray that God's people will be obedient disciples who will make other disciples
- Hospitals - pray that those who are physically and spiritually sick will be knowingly healed by Jesus
- Schools - that people will learn about who God is and that people will know Him



Some additional things to consider as you prayer walk:

- Be humbled and empowered by the privilege to pray for and walk among those who have had less exposure to the Gospel or real followers of Jesus
- Review the information that you have on specific people/places where you will be prayer walking. Ask the Lord to highlight some prayer points as you prayer walk this area.
- There are real physical, social and spiritual reasons why cities are dark spiritually. We want to pray into these barriers and strongholds, trusting the Lord for breakthroughs based on His power, goodness and promises. Ask the Lord to fill you with love for these people as you intercede on their behalf and don't be surprised if it's hard or discouraging. Fix your eyes on Him and let His truth conquer lies that influence you and the people around you.
- Pray earnestly to be filled with Christ's own compassion and calling: "And Jesus went throughout all the cities and villages, teaching in their synagogues and proclaiming the gospel of the kingdom and healing every disease and every affliction. When he saw the crowds, he had compassion for them, because they were harassed and helpless, like sheep without a shepherd. Then he said to his disciples, *'the harvest is plentiful, but the laborers are few; therefore pray earnestly to the Lord of the harvest to send out labourers into his Harvest'*" (Matt 9:35-38)
- Pray for the Lord of the harvest to send labourers into his harvest
- Ask the Lord how you (and your group) are to continue to respond, short-term and/or long-term, to the reality literally before your eyes.

Some things God says about prayer:

Isa 62:6-7; Matt 7:7-11 (Luke 11); Matt 9:36-38, 17:20-21, 21:21-22; Mark 11:22-26; Luke 17:5-6, 18:1-8; John 14:12-14, 15:7-8, 16, 16:23-25; Rom12:12; Eph 6:18; Col 4:2-4; 1 Thes 5:17; Heb 4:15-16, 10:19-22; James 1:5-8, 5:13-18; 1 Pet 4:7; 1 John 5:14-15; Rev 5:8

Prayers from Scripture:

Psalm 139:23-24; Matthew 6:9-13; Acts 4:23-31; Romans 10:1-4; Ephesians 1:15-23, 3:14-21; Philippians 1:9-11; Colossians 1:9-14

